



The Pause

A Reflection Exercise for Parents

When everything feels urgent, it can be difficult to see beyond the next problem that needs attention.

This exercise is not about finding solutions.

It is about creating enough space to observe what is happening, what assumptions may be guiding your decisions, and what possibilities may deserve a closer look.

Take your time. There are no right or wrong answers.

What feels most urgent right now?

Write down the concerns currently taking up the most space in your mind.

- ☐ School attendance
- ☐ Anxiety
- ☐ Schoolwork
- ☐ Friendships
- ☐ Sleep
- ☐ Family stress
- ☐ Communication with school
- ☐ Future worries
- ☐ Other:

What thoughts keep repeating?

What concerns, questions, or scenarios do you find yourself returning to most often?

What am I assuming is true?

Complete any of the following statements that resonate.

I believe my child needs to _____

I believe I should _____

I worry that if I don't _____

I worry others may think _____

I am afraid that _____

Which of these assumptions are facts, and which are interpretations?

Choose one assumption and explore it.

Assumption:

Evidence supporting it:

Evidence against it:

What else might be true?

What have I already ruled out?

Sometimes possibilities are dismissed before they are fully explored.

Are there options, ideas, supports, conversations, or approaches you have already ruled out?

Why were they ruled out?

If attendance was not the immediate priority for one moment, what else would I notice?

What is one question I have not been asking?

What do I know for certain right now?

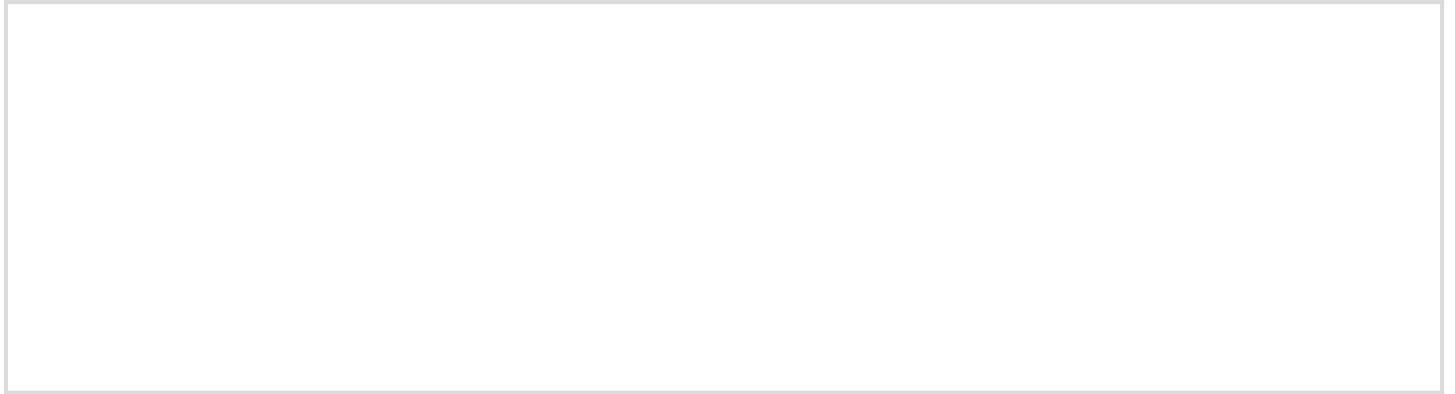
List three things that feel true regardless of uncertainty.

What needs my attention today?

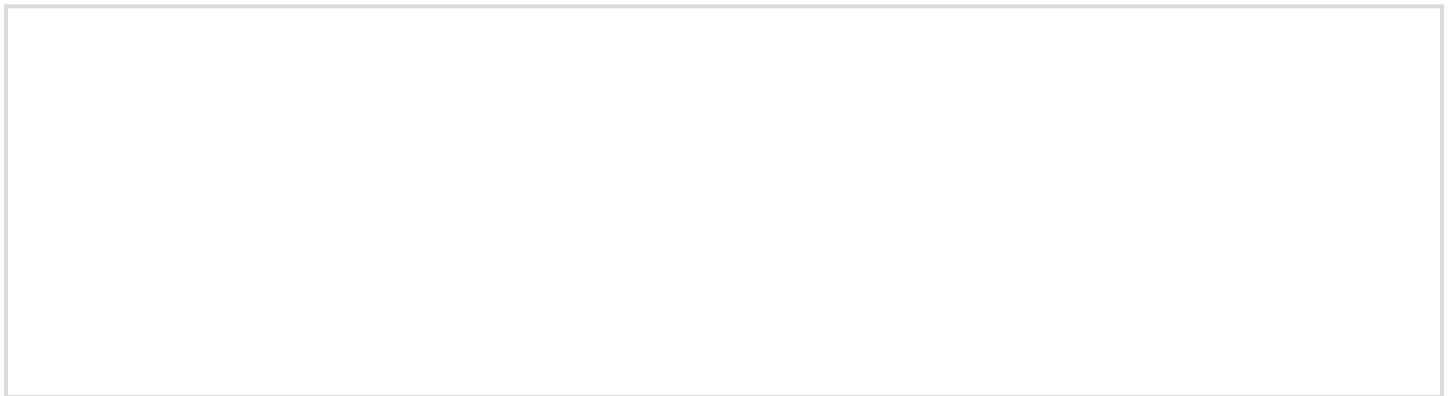
Not next month.

Not next year.

Today.



What can wait?



Closing Reflection

Has anything shifted while completing this exercise?

What stands out to you now that was harder to see before?

